



NHA Friendship Clubhouse

286 Euclid Ave., Suite 104, San Diego, CA 92114

Tel. (619) 263-6269 Fax (619) 264-3581 <http://www.neighborhoodhouse.org/nha-programs/friendship-clubhouse>

Program Schedule

Revised 2/06/17

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

08:30-09:00	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting		
09:00-09:30	Breakfast/Socialize	Breakfast/Socialize	Breakfast/Socialize	Breakfast/Socialize	Breakfast/Socialize		
09:30-10:15	Computer Class/ Indep. Living Skills/ Community Garden	Volunteer @ SD Food Bank/ Men's and Women's Group	Arts & Crafts/ New Member Orientation*	Computer Class/ Indep. Living Skills/ Community Garden	Sanitary Cafe		
10:15-10:30	B	R	E	A	K		
10:30-11:15	Communication Skills	Volunteer @ SD Food Bank/ Yoga/Zumba	Vocational Group New Member Orientation	Recovery Group/ Members' Interest Grp**	W.R.A.P Peer Support Group	Knowing the World	
11:15-11:30	B	R	E	A	K		
11:30-11:45	Wrap-up	Wrap-up	Wrap-up	Wrap-up	Wrap-up		
12:00-01:00	L	U	N	C	H		
01:00-01:15	Sign in/Community Mtg.	Sign in/Community Mtg.	Sign in/Community Mtg.	Sign in/Community Mtg.	Sign in/Community Mtg.		
01:15-02:00	WRAP/Medication for Success/W.E.L.L. *** <i>by RI International</i>	Fitness & Nutrition	Readers' Club	Health & Wellness	Roadmap to Recovery <i>by Behavioral Health Education & Training Academy (BHETA)</i>	Outing/ Indoor Rec.	Movies
02:00-02:15	B	R	E	A	K		
02:15-03:00	WRAP/Medication for Success/ W.E.L.L. <i>by RI International</i>	Computer Class	Community Resources	Roadmap to Recovery BHETA	Outing/ Indoor Rec.	Movies	
03:00-03:15	B	R	E	A	K		
03:15-04:00	Computer Lab/ Indep. Living Skills	Computer Lab/ Indep. Living Skills	Computer Lab/ Indep. Living Skills	Computer Lab/ Indep. Living Skills	Outing/ Indoor Rec.	Movies	
04:00-04:30	Housekeeping/Wrap-up	Housekeeping/Wrap-up	Housekeeping/Wrap-up	Housekeeping/Wrap-up	Housekeeping/Wrap-up		

There will be work units each day from 8:30 AM to 3:30 PM.

A separate schedule will be issued each month for special activities

* New Member's Orientation Group meets on the 1st and 3rd Wednesday of each month from 9:30 AM – 11:15 AM

** Instead of Recovery Group, Members' Interest Group meets on the 3rd Thursday of each month from 10:30 AM – 11:15 AM (RI)

*** Please call for information on current group/class by RI International

Friendship Clubhouse is open to all adults with severe and persistent mental illness including those with co-occurring substance use disorders

New member enrollments Monday through Friday 9:30 AM – 11:00 AM and 2:00 PM – 4:00 PM except on holidays observed by County of San Diego